<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
<th>Cost</th>
<th>Description</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td><strong>Story Writing for Posterity, Profit, or Pleasure</strong></td>
<td>3500/LLL 031</td>
<td>$60.50</td>
<td>Whether you want to write your memoirs, supplement your income with publishable stories, or respond creatively to your emails, this interactive class will help you make your stories more effective and enjoyable to read.</td>
<td>W, Sept. 22-Dec. 1</td>
<td>1:00-3:00 pm</td>
<td>Center at the Park</td>
<td>Helen Heaverland</td>
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<tr>
<td><strong>Watercolors for Beginners</strong></td>
<td>3508/LLL 019</td>
<td>$77</td>
<td>Whether you are picking up the paintbrush for the first time, or after an extended absence from it, you may rediscover yourself with watercolors.</td>
<td>Th, Sept. 23-Dec. 9</td>
<td>1:00-4:00 pm</td>
<td>Center at the Park</td>
<td>Joyce Anderson</td>
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<tr>
<td><strong>Watercolors for Intermediates</strong></td>
<td>3509/LLL 020</td>
<td>$77</td>
<td>Continue practicing your watercolor painting and learning new techniques</td>
<td>F, Sept. 24-Dec. 3</td>
<td>1:00-4:00 pm</td>
<td>Center at the Park</td>
<td>Joyce Anderson</td>
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**Yoga**
3515/LLL 012 $44
Are you feeling your age...or worse? Practice the dynamic techniques of Yoga and develop a strength and range of motion you didn’t know was possible.
MW, Sept. 20-Dec. 1 10:00-11:00am
WWCC Dome Dance Studio Reta Washam

**Dance to Fitness**
3510 & 3511/LLL 021 $44 (each session)
Music that inspires you to move and have fun is integral to this exercise class. A variety of dances and exercises designed to build strength, stability, range of motion, cardiovascular fitness, and flexibility are included.
MW, Sept. 20-Dec. 1 (#3510) 9:00-9:50am
TTh, Sept. 21-Dec. 2 (#3511) 9:00-9:50am
Center at the Park Sylvia Bushman

**Tai Chi for Health & Balance**
3514/LLL 017 $44
Greater strength and range of motion are acquired by working on the slow controlled movements that typify this ancient exercise form.
MW, Sept. 21-Dec. 7 1:00-2:00pm
Many Waters Wellness Center Sandi Wicher

**Pilates**
3513/LLL 026 $44
Pilates is designed to strengthen each muscle group in the body while providing additional stamina and stability to the core muscles in the abdomen and lower back. It is a complete exercise and fitness workout that helps develop concentration, increase control and flexibility of movement and balance, and strengthen the cardio-respiratory system.
TTh, Sept. 21-Dec. 7 3:00-4:00pm
YWCA, 213 S 1st. Ave John Kerwin
Lifelong Learning
Walla Walla Community College
500 Tausick Way
Walla Walla, WA 99362-9267

RETURN SERVICE REQUESTED

REGISTRATION
Register at The Center at the Park (720 Sprague) if the class is held there.
Register for all other classes at WWCC:
- online any time at www.campusce.net/wwcc;
- by telephone at 527-4443 (M-F, 1-4 PM);
- or at the WWCC Office of Admissions (500 Tausick Way).

FOR MORE INFORMATION
Nancy Kress, Program Coordinator
527-4561, nancy.kress@wwcc.edu